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HENWOOD

A CENTRE FOR THE CONTINUING STUDY OF ADDICTIONS

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THE ALBERTA ALCOHOLISM AND DRUG ABUSE COMMISSION

[MISC]

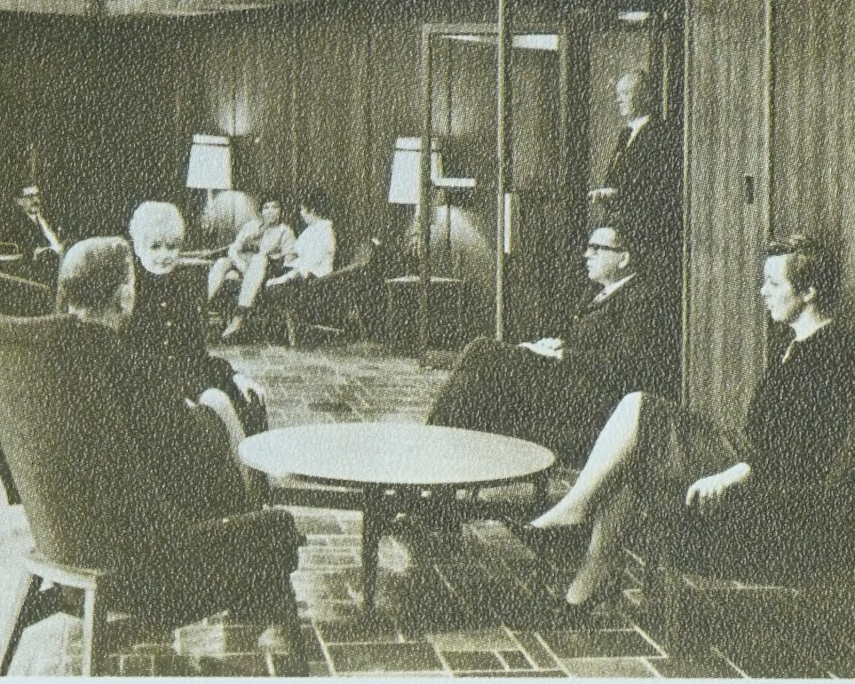
"HENWOOD"
BOX 100, R.R. 6
EDMONTON, ALBERTA
T5B 4K3
PH.: 799-3341

Statement of Philosophy

The philosophy of the commission in all areas of its program is based on the knowledge:

- That alcoholism is a medically-recognized illness with physical, psychological and social components in its origin and development.
- That most alcoholics can be treated successfully and can return to the role of responsible members of the community which they filled before the onset of their alcoholism.
- That alcoholism is a public health problem of the first magnitude.
- That effective treatment for the alcoholic and education for the public can be provided at a community level by local citizens after a brief period of orientation and training.

THE ALBERTA ALCOHOLISM AND DRUG ABUSE COMMISSION



in Lobby — Henwood

What Henwood IS

Henwood is a 60-bed unit designed to provide:

Rehabilitative treatment for resident patients and their families.

Teaching and training for the helping professions and individuals involved in community alcoholism programs.

Practical research information in the field of alcoholism.

What Henwood IS NOT

Henwood does not provide:

Emergency or first-aid treatment for acute alcoholism.

Drying-out, detoxication, or treatment for physical or psychiatric complications.

Treatment that is provided effectively on an out-patient or community basis.

Goals Of Treatment

1. Interruption of the repetitive pattern of drinking.
2. Substitution of constructive attitudes and activities for disruptive and destructive patterns of living.
3. Development of self-knowledge and inner resources to cope with problems without recourse to alcohol.
4. Improvement in inter-personal relationships.
5. Solid establishment of sobriety, not as an end in itself but as a means to an end.
6. Active participation in Alcoholics Anonymous.

Counselling Intervie

What Is Treatment?

Directed toward improvement in physical, mental and social health of the patient, treatment is largely psychotherapeutic — a collaborative searching for better adjustment of the individual to enable him to deal more effectively with his problems.

The combined services of doctor, nurse, psychologist, social worker, consulting psychiatrist and clergyman are used to help the patient and his family to recognize and understand the illness, and to work together for the patient's recovery.

Treatment Includes:

- Physical and psychological assessment.
- A regimen aimed at restoration of physical and emotional health.
- Information about the development and progressive phases of alcoholism and the effects of alcohol on the human body.
- Individual and group therapy including sessions for problem solving and psychodrama as well as occupational and recreational therapy.
- Relaxation training.
- Family counselling.
- Vocational counselling.
- Spiritual counselling.
- Introduction to Alcoholics Anonymous and participation in demonstration meetings.
- After-care and follow-up.

Progress of individual patients is assessed in regular case conferences where changes in emphasis and direction can be instituted for the benefit of the individual.

Prior to discharge the patient meets with a staff committee for discussion of his progress and his plans for the future.

oup Therapy Session

Artist's Sketch of Henwood

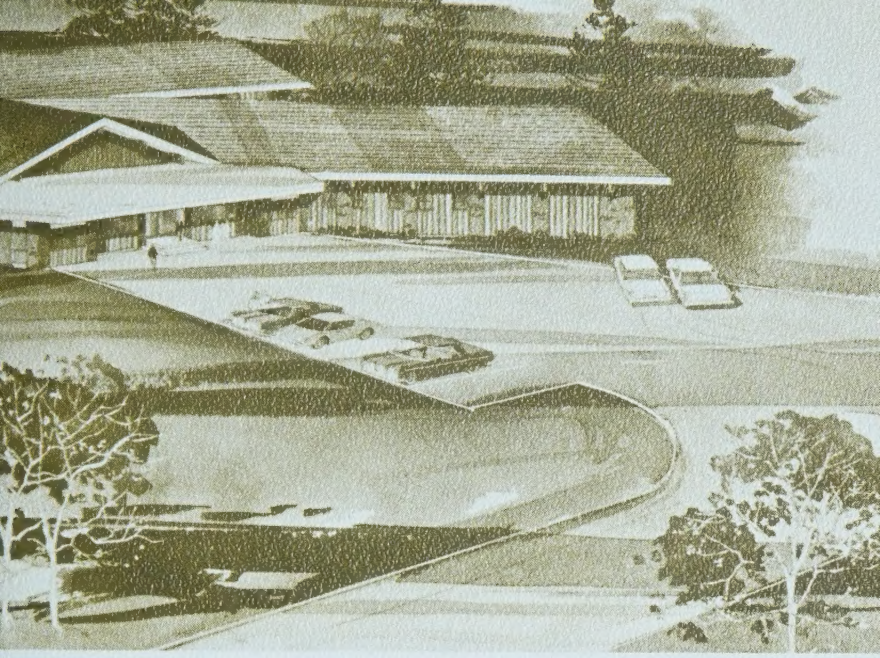
Admission Criteria

THOSE WHO CAN BE ADMITTED

- Individuals who have not responded adequately to treatment at out-patient clinics.
- Those whose home situations or environments are not conducive to recovery.
- Those who, in the past, have demonstrated a reasonable degree of social stability and responsibility.

THOSE WHO CAN NOT BE ADMITTED

- Individuals under the influence of alcohol or drugs.
- Applicants still manifesting serious physical symptoms of withdrawal.
- Individuals with physical or psychiatric complications.
- Those who are severely socially impaired.



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Admission Procedure

All prospective patients must apply for admission to Henwood. Application forms are available at any office of The Alberta Alcoholism and Drug Abuse Commission and at most Medical Clinics and Social Agencies. All application forms must be completed in detail by the persons designated at the top of each page of the application form.

Completed application forms should be mailed to the Director's Office at Henwood. When the application has been approved, the referring person will be contacted by telephone and a date for admission will be given.

Patients are admitted voluntarily and no custodial responsibility is assumed by the staff or administration of Henwood. New patients are assigned to a team of counsellors upon admission.

Admitting hours are 8 a.m. to 2 p.m., Monday to Friday, inclusive. No one will be admitted at other times.

All people coming for admission should bring their own personal articles, casual clothing, and spending money.

Teaching Component

Regular live-in Training Courses are conducted at Henwood for members of the helping professions and interested citizens from various communities in Alberta and other provinces and states. These courses are especially tailored to bring together individuals from a variety of disciplines to learn to recognize, assess, and make proper disposition of any alcoholic problems in their respective areas, and to acquaint them with the services provided by the Commission.

Students from various schools, colleges, and universities in the Province utilize the services of Henwood staff and facilities to learn more about addictions than is possible in a classroom. These students are at Henwood on either a practicum placement or an affiliation, and come from disciplines such as Social Work, Psychology, Nursing, and Medicine.

Courses can be tailored to special needs and disciplines if required and requested. Registrations and space are limited in all courses, and inquiries should be directed to the Director's Office at Henwood.

Self-contained Chapel at Henwoo

Corner of the Patients Lounge

Community Services

Most communities have adequate local resources for the effective treatment of alcoholics in their own areas. Informed guidance and counsel is available to care-giving professionals and other community workers through Community Services departments at all three commission offices. Assistance in community organization and case consultation is provided by Community Services.

SPIRITUAL NEEDS

Chaplaincy services are available and experienced clergymen conduct regular discussion groups and provide counselling on request.

View of Kitchen from Dining Area

COST PER DAY

Alberta residents	$ 2.00
Non residents of Alberta	$20.00

There is a charge of $2.00 per day for Alberta residents but inability to pay will not exclude anyone in need of treatment.

Alberta residents are given priority, but patients from other western provinces will be accepted if accommodation is available. The charge for out-of-province residents is $20.00 per day.

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Community Leaders in Training Group

Trainees Interview Director of Nursing

Trainees Interview Counsellor

Services:

The Alberta Alcoholism and Drug Abuse Commission provides treatment, education and information services to the province from four Alberta population centres:

EDMONTON:

Out-patient Clinic, 9910 — 103 Street
Telephone 424-1141
Henwood, R.R. 6, Edmonton
Telephone 799-3341
Community Services, 9929 — 103 St.
Telephone 424-1141

CALGARY:

Out-patient Clinic,
737 — 13 Avenue S.W.
Telephone 269-6101
Community Services,
812 — 16 Avenue S.W.
Telephone 269-6101

RED DEER:

Red Deer General Hospital
3938 - 50A Avenue
Telephone 347-3378

LETHBRIDGE:

Room "1", Metcalfe Bldg.,
303 — 5 Street S.
Telephone 328-1042

Each centre offers individual and group counselling and therapy to alcoholic patients. Medical, psychiatric and psychological treatment is available as required. Patient referrals are accepted from all sources and **all patient information is maintained in strict confidence.** Treatment personnel work closely with wives and other relatives of alcoholic patients, as well as with physicians, employers, clergy, or professional workers, agencies or associations.

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Administrative Centre
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